

# Module 5

## Preparation

Facilitators:

Devon Christie, MD

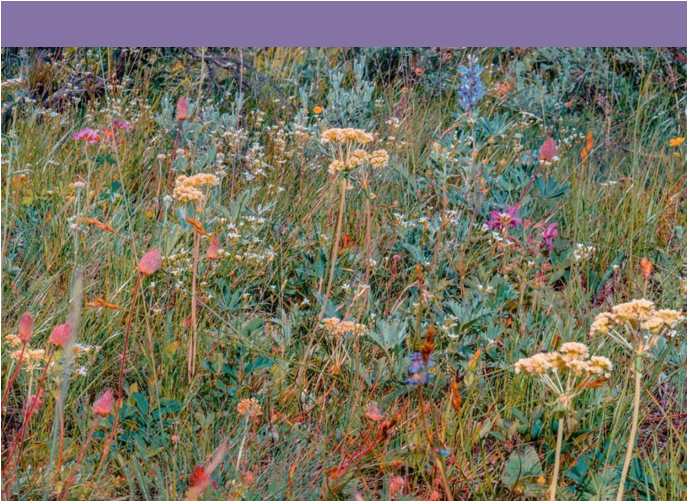
Steve Thayer, PhD

# FUNDAMENTALS OF PAT



# Group Agreements

# CENTRE



CONFIDENTIALITY



ENGAGEMENT

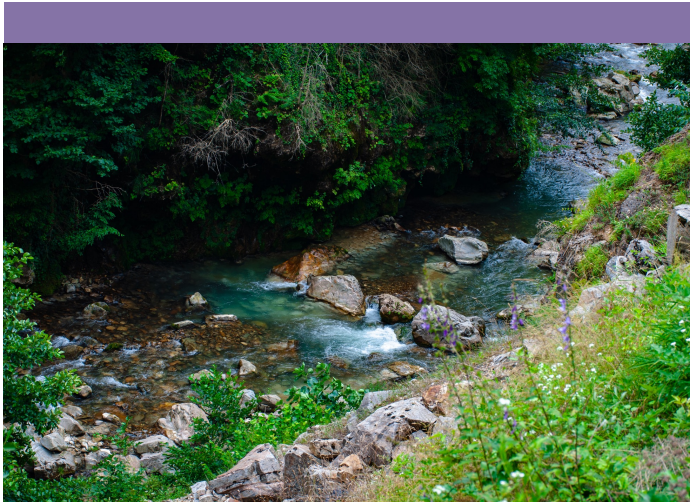


NON-JUDGMENTAL  
LISTENING



# Group Agreements

# CENTRE



TIMELINESS

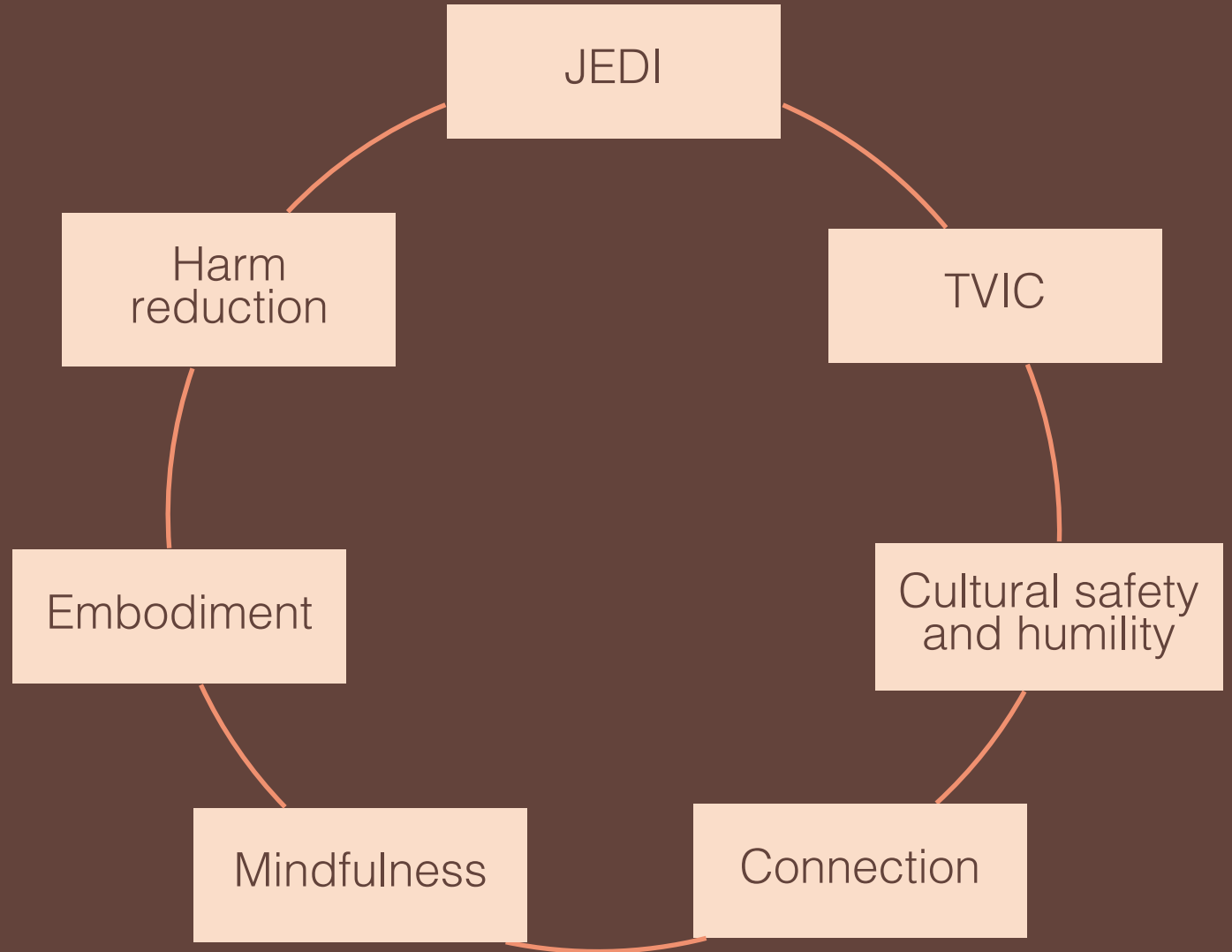


RIGHT TO PASS



EQUITY

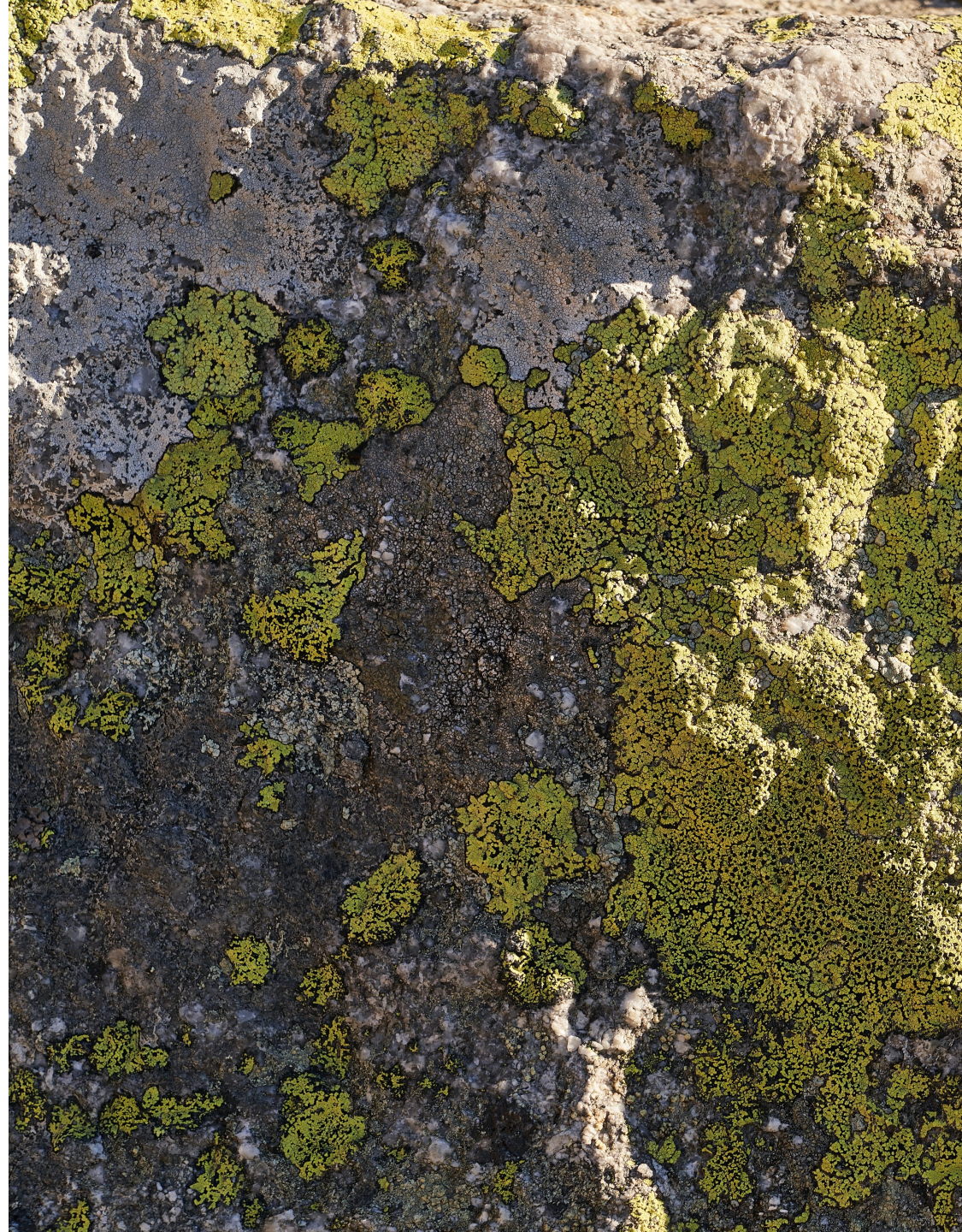
# SEVEN GUIDING PRINCIPLES





# Core Elements of Preparation

- Assessment
- Psychoeducation
- Harm Reduction
- Intention Setting
- Creating Ritual
- Resourcing
- Creating Agreements and the container
- Mapping and getting to know the client





# Arrival Practice



SET & SETTING

Preparation is very important, since it is a powerful shaper of the context for psychedelic experiences.

Psychedelics produce pivotal "transient states of hyperplasticity in which the organism is specially sensitive to environmental conditions, and outcomes critically depend on those contextual conditions...if therapeutic and supportive, then the outcomes may well be positive."

–Dr. Robert Carhart-Harris (Icahn School of Medicine, 2022, 19:00)





# Therapeutic Goal AIMS

- Clarify and reflect on motivations for seeking psychedelic assisted therapy
- Think about how the client would like to be feeling, behaving, and thinking at the end of the PAT process
- Overarching goal – realistic – session intentions ultimately relate to this goal



# Session Intention AIMS

- Serves as a clearly defined intention for the medicine session, that relates to the client's therapeutic process and their overarching therapeutic goal
- Encourage turning toward experiences versus avoidance
- Anchor for the psychedelic experience
- A lens to process the experience during integration



# Intention

## PRINCIPLES



- Simple, clear, and concise
- Therapist supports discovering and distilling main themes and patterns
- Encourage the client to imagine more possibilities for themselves and their lives
- Intentions can change and are an ongoing exploration
- Reflect values, areas of suffering, and desired changes
- Use the client's language
- Can look different in reality to what was imagined
- Serve as an integration tool
- Intentions are distinct from expectations
- Can be both an anchor but also held loosely to be open to the experience that arises



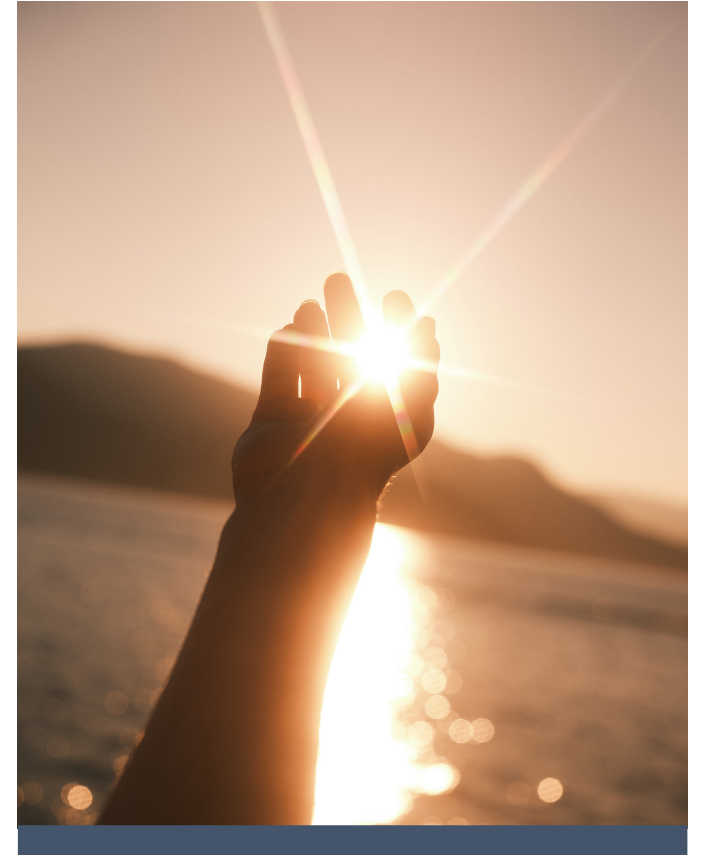
# Intention Setting

- A loosely-held hope
- Let go. Be curious. Surrender.
- What are you seeking to:
  - Transform
  - Understand
  - Heal
  - Change
- Help/Teach/Show me:
  - A difficult emotion (fear, anger, guilt, sadness, shame, joy)  
Or
  - An essential quality (peace, love, compassion, connection)

*“Help me love myself”*

*“Show me how to feel joy again”*

*“Teach me to connect”*



# EXPECTATIONS

- Narrow and restrictive in nature
- Desired outcome versus actual outcome



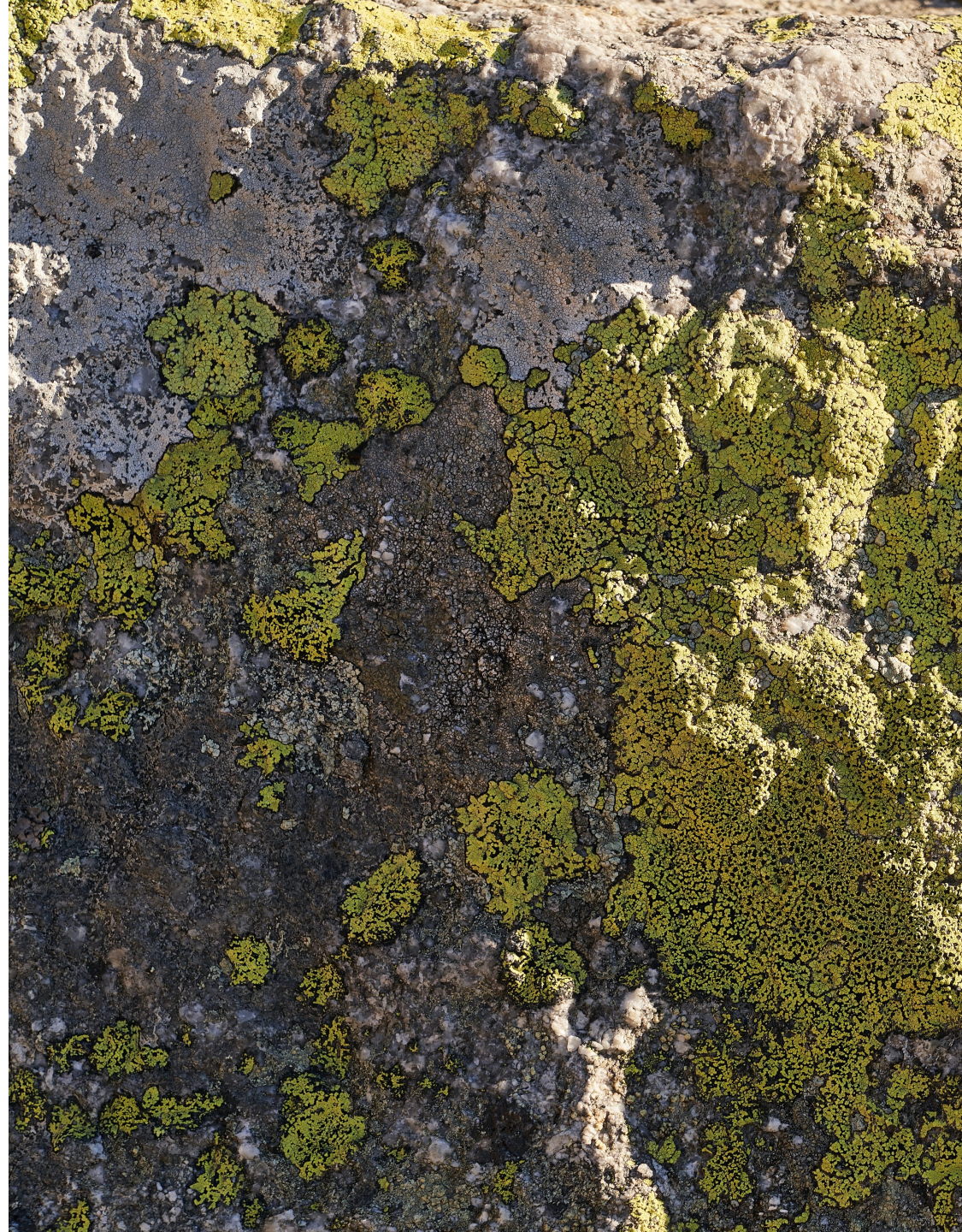


# Intentions

VS

# Goals

- Function
- Small group exercise (dyads)





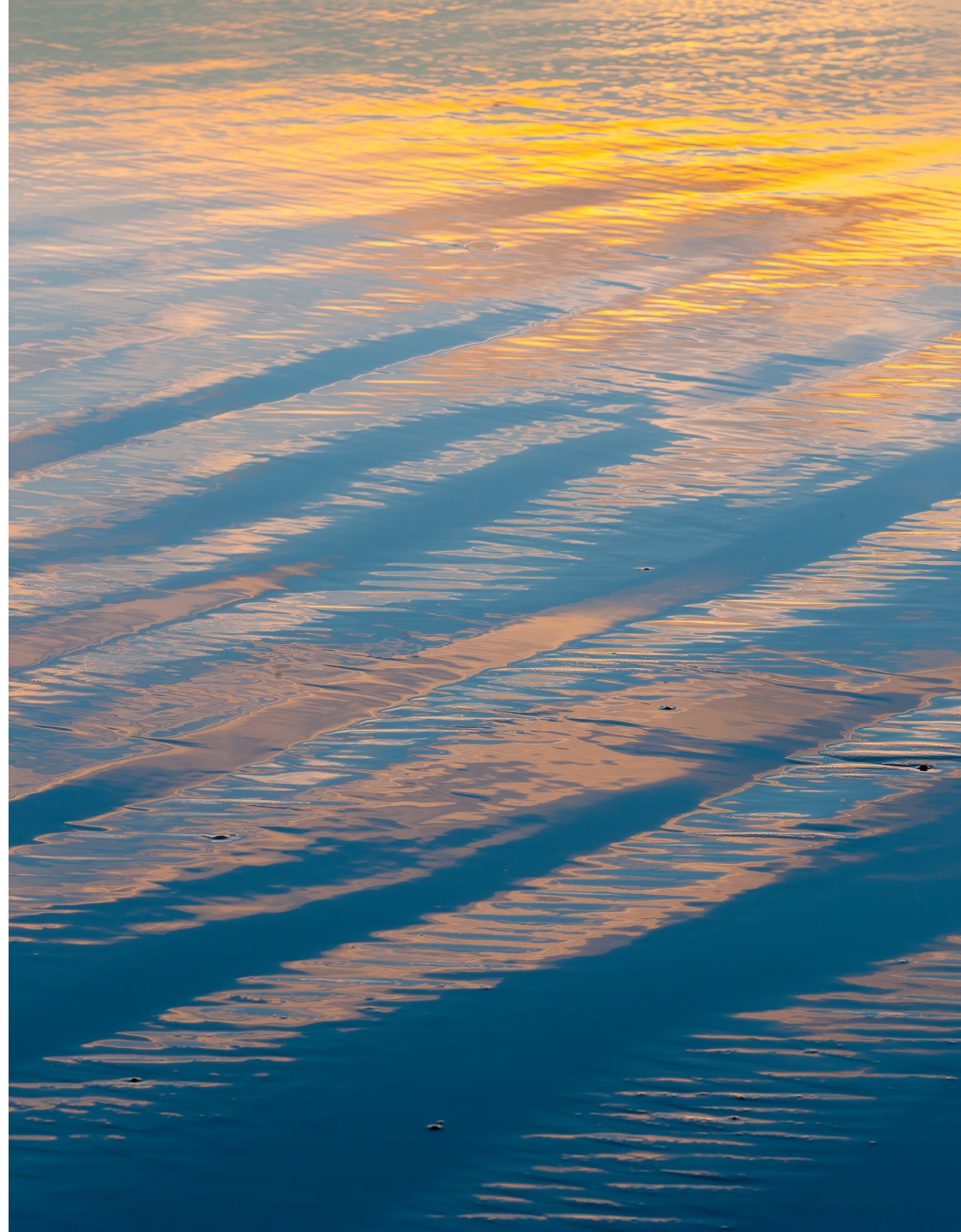
NUMINUS

# Ritual

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DEMO

DECONSTRUCTION



# Therapeutic Rituals

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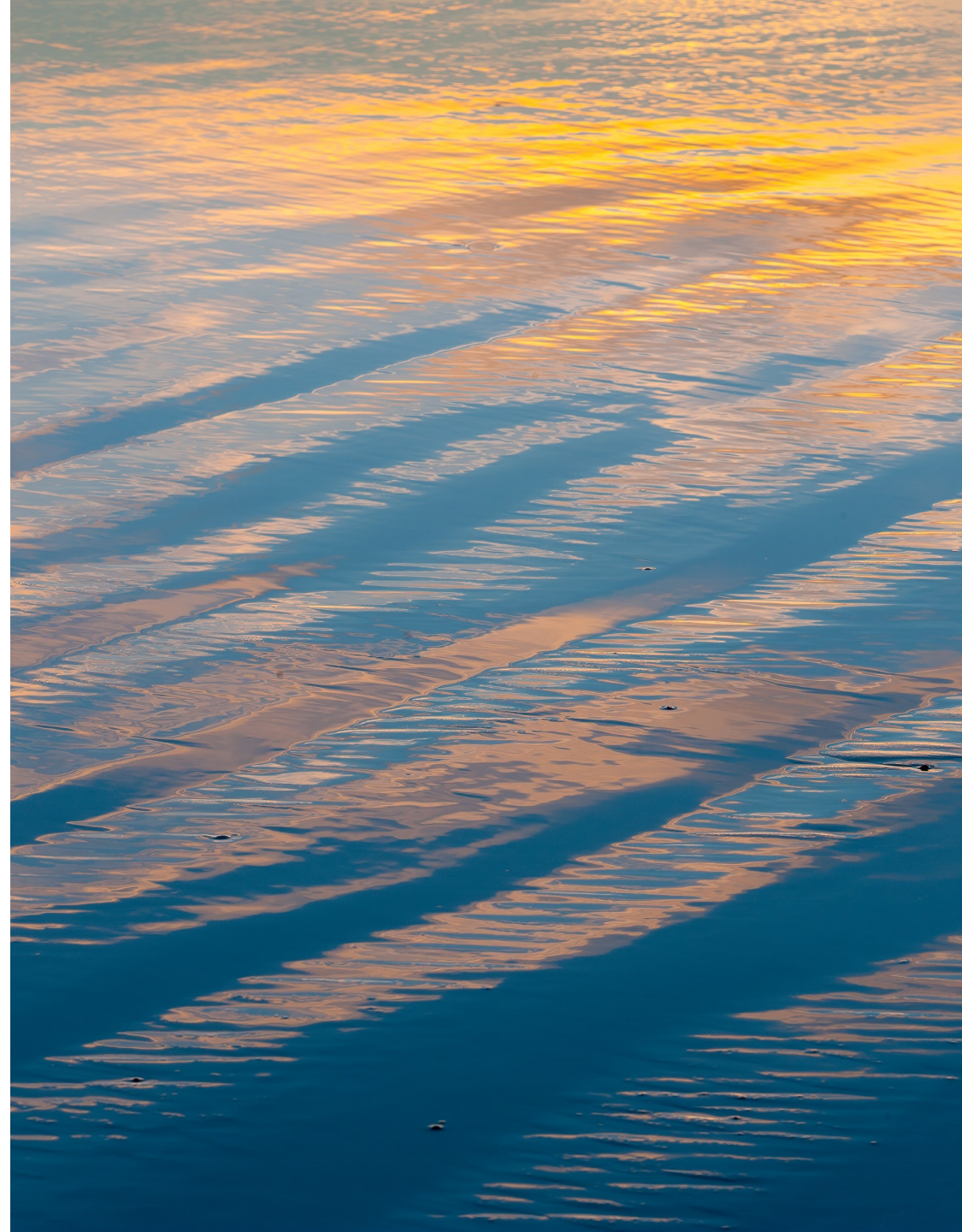
A FORMAL AND CUSTOMARILY REPEATED  
ACT OR SERIES OF ACTS

Purpose:

- Provision of structure and form to enhance trust & safety / reduce stress
- Increasing therapeutic efficacy via 'common factors' theory

Cautions:

- CS&H - appropriation
- JEDI – a person's unique sociocultural context





# Resourcing

- Why is this important in the preparatory phase of PAT





# Resourcing

Types of Resources:

- Breathing exercises
- Rituals
- Intentions
- Objects
- Inner & External Resources
- The Therapist



# Agreements & Containments

## SAMPLE AGREEMENTS:

- Therapeutic Touch - intentions and boundaries
- Sexual content – valid therapeutic content vs. sexual energy exchange
- Clothes need to stay on
- Not leaving the space
- Violence and aggression





# Module 5

- Design your own ritual for PAT sessions
- Take each other through your ritual at your next small group meeting
- Ensure you explain context and rationale for ritual
- Why might it be important for PAT?

# Honouring and Witnessing

